comprising:

obtaining a sample of body fluid from said mammal, wherein said body fluid includes blood, blood products and saliva;

performing an enzyme-linked immunosorbent assay (ELISA) ~~effective to bind~~ which binds myelin basic protein (MBP) and characterized by utilizing heparin ~~sulphate bound~~ to reduce non-specific ~~binding sites on~~ charge interactions with MBP, thereby increasing assay sensitivity; ~~providing an assay whose specificity is due to binding of serum antibodies to specific binding sites on MBP;~~

determining a level of at least one autoantibody selected from the group consisting of anti-MBP IgG, anti-MBP IgM ~~or~~ and a mixture thereof specific for said at least one protein in said sample; and,

comparing said level of said at least one autoantibody with statistically significant levels thereof, whereby a diagnosis or monitoring of MS in said mammal is made.

Claim 23. The method of claim **22**, wherein said mammal is a human.

Claim 24. The method of claim 22, wherein said diagnosis or monitoring is carried out on a single sample.